

Standing, Sitting, Kneeling

Low Mass

As the priest enters, the congregation should either kneel or else stand until the server kneels.

From beginning to Epistle	kneel
From Epistle to Gospel	kneel [or sit]
At the Gospel	stand
At the Credo (if there is one)	kneel [or stand]
During the Offertory	kneel [or sit]
Preface and Sanctus	kneel [or stand]
From the Canon to the Last Gospel	kneel
At the Last Gospel	stand
Post-Missal prayers and exit of priest	kneel

The general practice at Low Masses is to kneel throughout except at the Gospels. However, some people/places have a custom of sitting for the Epistle/Gradual and then the Offertory (if they sit for the former, they almost certainly sit for the latter too) due to a lack of stamina in kneeling. More rarely, some have a custom of standing for the Credo (likely due to the genuflection), whether they sit for the other parts or not. Most rare of all, some people will stand for the Preface and Sanctus, but this is seen usually only if they have been sitting (rather than kneeling) for the Offertory first.

High Mass and Missa Cantata

During the processional entry	Stand
During the <i>Asperges</i>	Stand
From beginning to <i>Gloria</i>	Kneel
At the intoning of the <i>Gloria</i>	Stand
<i>If the congregation sings, remain standing. If the choir only, sit when the clergy do. Rise with the celebrant for:</i>	
<i>Dominus Vobiscum</i> and Collects	Stand
At the singing of the Epistle	Sit
At the singing of the Gospel	Stand
At the notices and for the Sermon	Sit
At the Credo	Stand
<i>As at the Gloria. Rise with the celebrant for:</i>	
<i>Dominus Vobiscum, Oremus</i>	Stand
During the Offertory	Sit
<i>Rise when the congregation is incensed</i>	
Preface dialogue to <i>Sanctus</i>	Stand

Sanctus, Canon, Communion
Dominus Vobiscum and Post Communion
At the Blessing
Last Gospel to exit of clergy

Kneel
Stand
Kneel
Stand